

ABSTRACT OF THE DISCLOSURE

A composition containing psyllium fiber and xylitol. The composition is in one of powdered, liquid or product form. In powdered form the composition is used for producing confectionery products, beverages, baked good products, bakery products, snack bars and similar foodstuff products. In product form, the composition is used to produce confectionery products, baked good products, bakery products, snack bars and similar foodstuff products. The fiber is preferably psyllium fiber. However, the psyllium fiber may be substituted with fruit fiber and derivatives including pectin; seaweed gums and derivatives, including carrageenan, agar and alginates; cellulose and derivatives; cereal grain fibers, including corn, wheat, oat, rice, barley and soy; fructooligosaccharides and its derivatives; seed gums, including guar and locust bean; tree gums, including karaya, tragacanth and acacia; xanthan gum; vegetable fiber, including pea and legumes; and potato fiber. Suitable natural flavorings, which can be added to the composition containing xylitol and fiber include but are not limited to all nuts, all green vegetables and legumes, carrots, chocolate, cocoa, vanilla, orange, lemon, lime, grapefruit, peach, apricot, nectarine, strawberry, blueberry, raspberry, peppermint, coffee, cinnamon, mocha, tomato, herbs (green tea, ginger, ginseng, etc.) and the like.